

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 340216

Course Name: Physical Education I

Grade Level: 9-12



Upon course completion students should be able to:

Standards

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

- HS.S1.1. Demonstrate the mastery of skills and tactics needed to participate in two or more lifetime activities.
- HS.S1.2. Demonstrate competency in movements and manipulative skills needed in game-like situations.

Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

- HS.S2.1. Use movement concepts and principles to analyze and improve performance of self and/or others.
- HS.S2.2. Describe the mechanical principles, including but not limited to force, rotation extension or leverage, that apply to movement skills in physical activities, and analyze their contribution in improving movement performance.
- HS.S2.3. Analyze the relationship between and among effort, persistence, practice and improvement as they relate to skill development.

Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- HS.S3.1. Explain how each component of fitness impacts lifetime physical wellness.
- HS.S3.2. Analyze and discuss the benefits of a physically active lifestyle as it relates to college or career productivity.
- HS.S3.3. Identify various strength and stretching exercises for personal fitness development.
- HS.S3.4. Monitor rates of exertion while participating in physical activity.
- HS.S3.5. Calculate target heart rate and use this information to create and/or maintain a personal fitness plan.
- HS.S3.6. Explain how to adjust pacing to keep heart rate in the target zone.
- HS.S3.7. Apply goal-setting and decision-making skills in developing, maintaining, implementing and evaluating a personal wellness plan.
- HS.S3.8. Design a personal lifetime leisure/recreational plan that includes the components of health-related fitness.

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- HS.S3.9. Analyze the impact of life choices, economics, motivation and accessibility to physical activity in college or career settings.
- HS.S3.10. Analyze and explain the relationships between caloric intake and caloric expenditure in relation to body composition, nutrition and physical activity.

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

- HS.S4.1. Interact positively in social and group interactions through the use of communication skills, critical thinking, accountability and leadership in a physical activity setting.
- HS.S4.2. Demonstrate respect for others' diversity while participating in sports and/or physical activities.
- HS.S4.3. Apply conflict resolution/mediation skills when participating in sports and/or recreational activities.
- HS.S4.4. Explain how ethical behavior and positive social interaction impact effective participation in sports and physical activities.
- HS.S4.5. Apply rules of behavior and fair play in a variety of physical activities, sports and games as a competitor and/or spectator.
- HS.S4.6. Analyze the value of rules, fair play, cooperation, sportsmanship, teamwork and conflict resolution in a variety of physical activities, sports and games.
- HS.S4.7. Examine moral and ethical conduct in specific competitive situations, including but not limited to intentional fouls, performance-enhancing substances, gambling or current events in sport.

Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

- HS.S5.1. Explain how physical, intellectual and emotional behaviors impact physical performance. HS.S5.2. Analyze the physical, emotional/mental and social benefits of regular participation in physical activities.
- HS.S5.3. Evaluate the personal benefits derived from regular participation in physical activities as they relate to quality of life.
- HS.S5.4. Explain how physical activities provide opportunities for self-expression and social interactions.
- HS.S5.5. Collaborate with others to advocate for a healthy community.